thecollegian INDEPENDENT VOICE FOR KANSAS STATE UNIVERSIT





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VOL.119 NO. **18**





Saturday:

Short stuff: Pastel shorts continue to be an item of controversy in the

Powercat Profile: Gronk looks to live up to his illustrious family name

Workouts you can do at home, and a playlist to motivate you

Suspicious person reported in Manhattan shadows

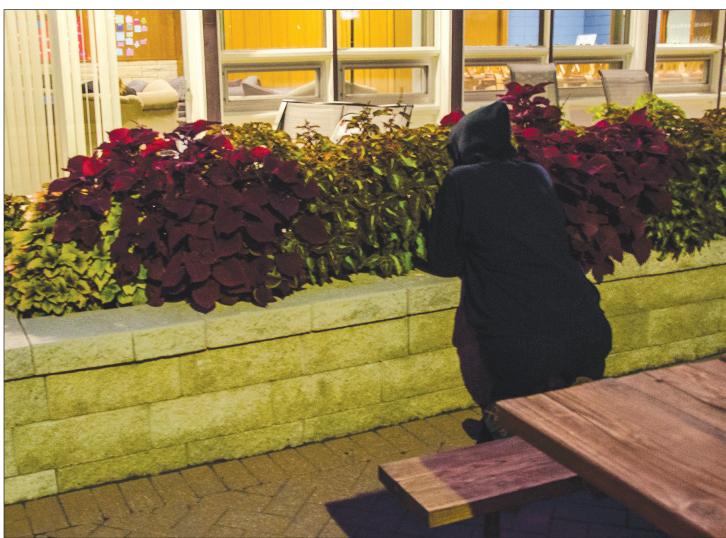


photo illustration by Caitlyn Massy

Morgan Huelsman

From May to August of this year, the Riley County Police Department has responded to seven different calls for service due to a suspicious person in the neighborhoods of Todd Street, Claflin Avenue, and Fairchild Avenue on the west side of campus. Although seven calls seems high and reason for alert - especially due to prior assault incidents this year - only one call resulted in a police report.

Alex Powell, junior in kinesiology, said she experienced the suspicious person firsthand Aug. 16. Powell, returning home late, had just parked her car and started to walk towards the Delta Delta Sorority house when she said she saw someone in the shadows.

"I was trying to be aware of my surroundings and as I was walking up, I saw someone come out from the side of a parked Jeep and he started walking towards me," Powell said.
"I looked at him and looked away and then started to run as I felt him getting closer to me."

She ran into her house and made it safely inside. Powell said it hadn't really occurred to her what had just happened until she looked out the window to see him in the driveway for a moment longer before he ran

"Í was really in shock when I realized what had happened," Powell said. "I was freaking out, I just didn't really know what to do."

Powell said she called the police

PEEP | pg. 9

No leads in **David Welch** disappearance

Jakki Thompson staff writer

On Sept. 2 at approximately 8:30 p.m., David Welch, 54, of Manhattan, left his home in a maroon Pontiac Montana van with Kansas license plates without expressing to friends or family where he was going. When they became concerned and alerted authorities, the Riley County Police Department was contacted and checked surrounding Manhattan areas for Welch but was unsuccessful in locating him. At the time of the initial call to police, there was no reason to believe that he was in danger

On Sept. 3, police were contacted by Welch's family again with the information that he had yet to return home. At the time, officers confirmed that there was no reason to believe Welch was currently in danger of harm or had known medical issues that may cause him to be in danger. Riley County police notified law enforcement agencies in areas around the country where it was possible that Welch may have gone.

A police report for missing persons was filed on Sept. 6. Riley County police briefed the local media of the report on Sept. 9. As of Sept. 18, Welch is still considered missing. Those with information are encouraged to contact the Riley County Police Department at 785-537-2112.

The information in this report was gathered from a press release by Kansas Missing and Unsolved.

Tae Kwon Do black belts teach students self-defense



Zach Werhan | Collegian

Master **David Moore** (right), 6th Dan Black Belt from Sun Yi's Academy of Tae Kwon Do demonstrates self-defense tactics at the Jardine Frith Community Center on Wednesday evening. About fifteen residents from Jardine attended the class hosted by K-State Housing and Dining Services.

Cheyanna Colborn

A figure hides behind the patio bushes at Smurthwaite Scholarship Leadership House on Wednesday night.

Last night, students had the opportunity to learn first hand from Tae Kwon Do black belts. Sponsored by K-State Housing and Dining Services, instructors and students from Sun Yi's Academy of Traditional Tae

Kwon Do hosted a basic self-defense class at Jardine's Frith Community

David Moore, a Sun Yi Master and 6th Dan Black Belt and K-State's Tae Kwon Do instructor, gave the verbal instructions for the course.

"Know what is worth defending and what is not," Moore said. "Know what you are willing to do to protect yourself."

Moore then went though a list of basic defense methods, using one of his fellow teachers as a model. Some included grabbing an attacker's ear and using it for leverage to gouge the eye, hitting the person's trachea and explaining that if one hits a person in their carotid artery hard enough, they will pass out. "[In] virtually every self-defense

uation vou will get hurt." Moore

For example, in the process of defending oneself, a finger could be broken or bruises may be created. It would just vary depending of the force needed to defend oneself. Moore also explained that hit-

ting someone in the groin area can always be a way to keep the attacker under control, but warned the women in the group that men are generally pretty good at protecting It was also emphasized to the at-

tendees that it is important to keep their hands tight and not limp when using force while protecting themselves from an attacker. It was suggested that one should keep their thumbs tucked in so that it does not get caught in clothing.

During the program, students had the opportunity to pair up with one another and practice defense moves.

"I liked using the ways we were taught to get an aggressor to let go of us," Waynique Sims, freshman in pre-professional secondary education, said. "Basically getting to become an attacker of the attacker, taught me a lot."

Among the moves taught were ridge striking – which includes using the inner side of an open hand with

DEFENSE | pg. 9

Alumna wins in woodworking competition

Maria Betzold staff writer

Alexis Kiel, a K-State alumna, took first place in the Fresh Wood Student Furniture Competition, Post Secondary Production/Contract Category at the Association of Woodworking & Furnishings Suppliers 2013 Conference in Las Vegas in July. Out of 50 finalists, two K-State alumnae, Kiel and Darcy McDonough, both May 2013 graduates, were selected to compete at the national competition.

Kiel was part of the five year interior architecture and product design program with the College of Architecture, Planning and Design. It was Kiel's first year in the competition where, like other students, she was required to submit images of her product design as well as an essay explaining the product's intent.

Kiel said the fact that the competition included trade schools that specialize in only woodworking and design, the presence of two K-Staters speaks volumes for the college.

"The people I was competing against were highly skilled craftsmen," Kiel said. "For K-Štate to compete on that level is fantastic."

There were two categories: open and production. The open category was defined as any kind of product design, while the production category is secluded to products that could be commercially manufactured in large quantities. The production category also had a limit on the percentage of the product that could be made of wood.

Kiel said her work was originally submitted as a product in the open category because it didn't seem to meet the criteria for production. However, the judges decided that Kiel's chair would be more

appropriate for the production category.

Dave Brown, professor in architecture and product design, said that in all his years of taking students to the competition, very rarely has he seen the judges move a product to another category. He said that the fact the judges did so was quite the honor.

"It's unusual and rare, but it's almost always a sign that the project has special merit," Brown said.

Brown also said that Kiel was an "exemplary" student, and consistently turned out high-quality work.

"She was open to suggestions and would jump on the opportunity to make improvements if you pointed them out to her," Brown said. "Her work compares with the best work we've ever produced

Katherine Ankerson, department head of interior architecture and product design, said she agreed with Brown.

"Alexis is an example of the talented students we have in this college," Ankerson said. "Darcy is also extremely talent-

In regards to the competition, Ankerson said that these types of competitions keep the College of Architecture, Planning and Design nationally recog-

"It shows the design and craft that comes from our students and the faculty working with them," Ankerson said.
"[Competitions] certainly keep our name out in front of them."

Kiel is now residing in Kansas City, Kan. and is working for Katalyst Group, Inc., a retail design-build, branding and strategy consultancy firm. At Katalyst Group, Kiel assists with design work, collaborates on ideas, and does inhouse woodwork.

Kiel said that the environment for collaboration the College of Architecture, Planning and Design implements has helped her progress well with her career.

The K-State community just really helped me get a lot of experience and provided a lot of opportunities to me," Kiel said. "I could not have done any of the work that I did in this class without the help of my professor, the metal shop guy who taught me how to weld and the great support of the students and peers."

courtesy photo Alexis Kiel, a K-State alumna of the College of Architecture, Planning and Design, sits on her award winning chair. Kiel was one of two K-State students to enter the national Fresh Wood Competition.





ACROSS 54 Neither 36 Super-1 City of man's mate India 55 Gambling 21 Get adoptive 5 Drunkard parents game 8 Gambling 37 Last Bible **DOWN** game 12 Air-show book 1 Actress **40** Tosses in Jessica stunt 13 Auto-41 Baby 2 Rise mobile bottle 3 Cavort 14 Prayer attach-4 Garb ending ment 5 Resell 45 Ballet 15 Jostle for a 16 Exist leap huge 17 Relin-47 Family profit 6 Rowing quish 49 Watchful **18** Horrify one need 50 Shake-20 Basin 7 Cradle speare's acceslocale, river sory in 51 Citric 22 What song 8 Aspect cooler they 9 Cheese **52** Jagged say about choice rock 53 Earth's 10 Crimson VOU 26 Streamneighbor 11 Individual 39 Central Solution time: 25 mins. lined 29 Plague 30 Prompt **31** Use a phone 32 Cleo's slayer 33 Own, Biblically 34 Expert 35 Bullring

THE BLOTTER

ARREST REPORTS

Tuesday, Sept. 17

Joshua Kyle Davies, of the 6200 block of Cardinal Lane, was booked for probation violation. Bond was set at \$5,000.

Dennis Eugene Watts

Jr., of River Pond Road, was booked for probation violation. Bond was set at \$2,500.

Brandon Robert Street, of Rancho Cordova, Calif., was booked for soliciting without a permit. Bond was set at \$229.

the FOURUM ®

the collegian

19 Money of

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The Fourum is a quirky view of campus life in voices from the K-State community. Positive and humorous comments are selected for publication by the Collegian marketing staff.

Three guys walk into a bar. The fourth one ducks.

Ring-ding-ding-dingeringeding!

To the guy reppin' men's lacrosse: date please?!

The new paper towel dispensers in Fiedler are not very responsive, and they produce smaller pieces of less absorbant, though softer, paper.

Like and vote for your favorite posts at fourum.kstatecollegian.com

The lions have finally eaten their fill! But the hungry hyena is horrified when they drag the remaining pizza back to their den. He will not eat

I walk my bike on campus, so that makes me a wuss, right?

To the people who leave their backpacks, with laptops and expensive things, hanging wide open on the back of their chair: realize how easy it is to be stolen from.

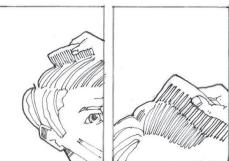
I still firmly believe that pastel shorts aren't attractive. Save it for I cannot believe that pastel shorts and Chubbies have gotten into the Fourum twice in one week. No. Just

Dear sorority girls: Sidewalks are two-way. That means you don't own the whole thing. Which means don't walk five-across the whole thing. Which means move over for everyone else.

Guys' butts look better in cargo shorts than in Chubbies.

Editor's note: To submit your Fourum contribution, call or text 785-260-0207 or email the four um@kstatecollegian. com. Your email address or phone number is logged but not published.

The Blunt Instrument | By Chris Sanford











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Letters may be rejected if they contain abusive content, lack timeliness, contain vulgarity, profanity or falsehood, promote personal and commercial announcements, repeat comments of letters printed in other issues or contain attachments.

The Collegian does not publish open letters, third-party letters or letters that have been sent to other publications or people.

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CORRECTIONS

If you see something that should be corrected or clarified, call managing editor Mike Stanton at 785-532-6556 or email news@ kstatecollegian.com.

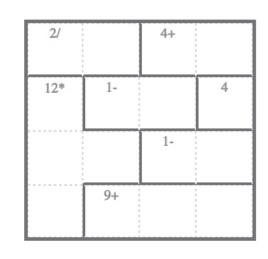


News you care about.

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KenKen | Medium

Use numbers 1-4 in each row and column without repeating. The numbers in each outlined area must combine to produce the target number in each area using the mathematical operation indicated.



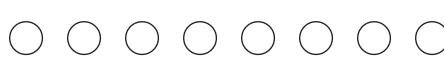
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HEALTH 9/26 HEALTH edition



for tips on how to feel your best at all times

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HEAD HEA

Do we understand true greatness?



The difficult part about this argument for me is that I am a part of the generation I'm ridiculing. It's people my age who have skewed reality and adjusted the perception of greatness to make things more entertaining. Using social media, advanced statistics, tunnel vision and simple ignorance, we've concocted a theory that right now, the stars of the NFL and NBA are better than they have ever been. The generation that seemingly cares little about politics is, ironically, employing a politician's approach to sports analysis. Forget the eye test, winning, or mounds of evidence. We find one statistic, one inkling of greatness, and wield it like a sword.

Sorry to say it, but LeBron James isn't the greatest basketball player of all time. Floyd "Money" Mayweather isn't the best boxer to set foot in the ring. Aaron Rodgers is far from being the greatest quarterback of all time. In fact, I would go as far as to say that, of all the major sports, Mariano Rivera is the only active athlete who can claim the title of all-time greatest. Rivera is the closer for the Yankees and was a key piece to them winning five World Series rings. He was close to unhittable for 15 straight seasons.

None of the members of my generation, and a bulk of the people reading this, have watched sports for more than 20 years. Even those from my generation who claim to be so advanced with their athletic knowledge that they comprehended sporting events at the age of five, still haven't seen 25 years of sports. But even with this handicapped familiarity of the history of sports, we find droves of people labeling today's athletes the greatest of all time. How? On what spectrum are you ranking these athletes? Most nonprescription glasses worn to a postgame press

The problem isn't with what the athletes are doing or saying. The problem is with the media, the fans, the "analysts" and everything in between. There are no boundaries to what we can compare. There is no limit to how absurd we can make our accusations. I can sit here and rattle off that LeBron James has career averages of 27 PPG, 7 APG, and 6 RPG, and no one can dispute that he fills the box score better than anyone in the history of basketball not named Oscar Robertson. What people don't add to this discussion is the elimination of the hand check in 2004, the rapid decline of big men in the NBA and that the overall talent level has been diluted to bring in more franchises. LeBron's stats are impressive, but if you paint the whole picture, you realize there is much more at play.

If I bring up Aaron Rodgers, people will point to his insane 3.5 touchdown to interception ratio, or his career passer rating of nearly 105. What they don't want to talk about is the seismic shift in the rules, preventing nearly all contact with receivers, and protecting the quarterback from head to toe. If Rodgers doesn't have to worry about getting hit, and his receivers don't have to worry about getting hit, everyone's production is on the rise. The NFL as a product wants to be more exciting and enjoyable for fans. To accommodate that, they have adjusted the rules to promote scoring and offense. The statistics of offensive players, i.e., quarterbacks, have been skewed heavily during my generation. Rodgers isn't the greatest; he just played in the right era.

People don't want to talk about this stuff because it's not entertaining. Understanding the variables associated with the spike in statistics isn't fun or "cool" to talk about. People don't want to appreciate history; they want greatness to be in front of them. They don't want to tell people, "I never got to watch Magic Johnson play, but he was the greatest point forward of all time." No one wants to read an article saying Aaron Rodgers is the best quarterback in the past five years. No, we want to read an article saying Aaron Rodgers is already the greatest quarterback in NFL history. We ignore the truth for the sake of entertainment. We are giving history the cold shoulder.

In the end, I don't think it is on purpose. My generation is just naïve. We think the variables are equal, the games are the same and success is all about the numbers you produce. Winning isn't paramount anymore. This isn't your local elementary school's field day. Not everyone can get a ribbon that says "First Place." Let's not be the generation that diluted what it means to be great. Let's be the generation that appreciated what it truly meant. Wouldn't that be, well, great?

David Embers is a junior in biology. Please send comments to sports@kstatecollegian.com

We are witness to true greats



world of sports is constantly evolving. And today's athletes are the best there has ever been in terms of the overall talent level. One of the most popular arguments among basketball enthusiasts is the Michael

among basketball enthusiasts is the Michael Jordan versus LeBron James debate as to who is the best player of all time. For now, the answer is Jordan with his six championships. But when James' career is all said and done, he will go down in history as the best basketball player to ever play the game. And there are plenty of statistics to back are plenty of statistics to back

James' effective field goal percentage, a stat that accounts for the increased value and difficulty of a 3-point shot, is higher than that of Jordan's. Jordan's career FG percentage is .509 while LeBron's is .524.

Another James stat that jumps was brought up by Tim Legler, an ESPN basketball analyst, in a video posted by ESPN on June 6. In Jordan's first 10 seasons, he only led the Bulls in scoring, rebounds and assists in a single game 43 times. Yet James has accomplished the feat 96 times through 10 seasons, over double what Jordan did in the same amount of time. Wilt Chamberlain, the all-time leader in that feat, led his team in scoring, rebounds and assists in a game 118 times over 14 seasons. LeBron is on pace to crush that mark. Looking at the NBA as a whole,

athletic. There's no denying that. In the 1951-52 season, the first season this stat was made available, the average height and weight in the NBA was 6-feet-4-inches and 195 pounds. In the 2012-13 season, it was 6-feet-7-inches and 218 pounds. Three inches and 23 pounds is a huge difference in the basketball world.

athletes have gotten stronger and more

In the NFL, today's players are simply better than they were in previous eras. In the 1980s, there were 35 players drafted that are now in the Hall of Fame. There are at least that many players in the NFL who were drafted between 2000 to the present that will receive that honor as well. By my count, the number is pushing 40 and that doesn't include anybody drafted in 2011 or 2012 — like Robert Griffin III. Russell Wilson or Andrew Luck.

Also, three of the top nine leaders in career passing yardage are currently playing in the league. Those guys are Peyton Man-ning, Tom Brady and Drew Brees. As for the MLB, both the hitters and

pitchers are better in today's game. From 2009-12, six of the 23 perfect games in MLB history have been thrown. That's a stark contrast to the 13, 14, 24 and 34 year droughts between perfect games that all happened before 1982.

Currently, there are 15 active MLB players that are ranked in the top 100 of career home runs, with Torii Hunter and Ryan Howard needing 22 and 24 respectively to crack that list. With how old the sport of baseball is, the fact that over one-seventh of baseball's most elite list is made up of guys

currently playing is astounding.

There's simply no denying the fact that today's athletes are the best there's ever been in sports. They're bigger, faster and stronger and have put up better numbers than sports have ever seen.

Sean Frve is a senior in mass communications. Please send comments to sports@ kstatecollegian.com



Equestrian team looks to build on success, begins season at No. 5 nationally

Spencer Low

K-State finished off last season with a Reserve National Championship in Western, and begins this season at No. 5 in the nation. With high expectations, the team is looking to build on the past successes of three Reserve National Championships to claim more national titles for the school.

While many students have no doubt heard about the team's winning ways, the sport is one that may fly under the proverbial radar, especially considering its relative youth. The equestrian team started at K-State in 1999 as a club sport, and became a varsity sport the next year.

There are two styles of competition in an equestrian match: Hunter Seat and Western, and each consists of two events. In Hunter Seat, there are Equitation Over Fences and Equitation

on the Flat. In Western, there are Reining and Horsemanship.

For Horsemanship, the rider must complete a predetermined pattern that consists of seven to nine maneuvers. Riders are judged on their ability to control the horse and their positioning while completing the patterns. They are given a base score of 70, and points are added or subtract-

ed based on their performance. The other competition from Western is Reining. In this event, riders once again complete a pre-determined pattern, but instead of maneuvers, many different movements are completed including spins, circles, stops and speed changes. Once again, the base score is 70 and points are added and subtracted by the judges based on how well the rider can control their horse to complete the complex pattern

In Equitation Over Fences, the

rider must take her horse over eight to 10 jumps that range in height between three and threeand-a-half feet tall. Judges asses the rider's ability to keep correct positioning on the horse while also maintaining a consistent pace. Riders are scored on a scale of 0-100, with 100 being the top

During Equitation on the Flat, riders perform a pattern based on nine maneuvers. These patterns are also predetermined, and each of the nine maneuvers are scored from 0-10. while a collective mark is also scored on the same scale to create a final score out of 100. Riders are judged on their ability to work in harmony with the horse and keep proper positioning while navigating the pattern

assigned. When teams compete, the home team's horses are used in order to cut down travel costs and level the playing field. One home and one away rider are both given the same horse, and whichever rider receives the higher score on that horse earns

a point for her team. Last year, the K-State Western Team took home the Reserve National Championship, making it to the finals but falling to Big 12 foe Oklahoma State. Meanwhile, the Hunter Seat team finished eighth at the National Collegiate Equestrian Association National Championship, which is held in Waco, Texas each year.

The Hunter Seat team is led by All-Big 12 selection Rachel

EQUESTRIAN | pg. 5

Emily DeShazer | Collegian Sophomore rider Kara Guy, a Western rider that competes in reining, slides to a stop during the Purple and White scrimmage on Sept. 8 at Timber Creek Stables.



With Patel for the assist, Meis reaches for the 'sky'



Hannah Hunsinger | Collegian

Logan Meis, freshman in digital media, and Kal Patel, freshman in civil engineering, play ultimate frisbee with friends on the lawn north of Haymaker Hall on Claflin on Wednesday. "Sky" is a term in ultimate frisbee when a player grabs or defends the disc at a much higher point than the other players on the field.

Live-action graphic novel grips audience in adventure

Vasilios Markou staff writer

The feel of a classic comic book adventure combined with the talent of the accompanying voice actors had a large audience at McCain Auditorium both roaring with laughter and transfixed with awe during the first installment of "Intergalatic Nemesis: Target Earth," a live-action graphic novel.

A "live-action graphic novel" is a group of performers voicing over the

dialogue that is supposed to be occurring in comic drawings that are being projected on a screen for the audience to see. Three performers, Danu Uribe, David Higgins, and Christopher Lee Gibson, provide the voices to countless different characters. There are also three other team members that are re-

sponsible for music and sound effects. The story is set in 1933, featuring main characters Molly Sloan, a reporter, and her assistant Timmy Mendez. The two are investigating reports of monsters in the Carpathian Mountains when they find out their informant on the issue, Vlad, was assassinated. The duo are aided in an escape by a stranger, later identified as Bill Wilcott. Bill, a man from another planet, has a sole purpose to combat the aforementioned monsters who turn out to be Zygonians, an alien race that plans on enslaving humanity. The three protagonists take on a series of villains ranging from alien sludge monsters to a maniacal hypnotist named Mysterion the Magnificent.

Their adventures take the heroes to northern Africa and eventually into the cosmos, in their endeavor to save hu-

"It is rare to see such a holistic display of artistic genius," Jordan Thomas, junior in anthropology, said. "The comic drawings were amazing, the voices blew my mind and the sound effects and music were no less impressive."

The follow up performance, "Robot Planet Rising," tonight at 7:30 p.m. at McCain Auditorium.

TED Talks provide insight to secret of happiness

Sid Arguello

Many students, at some point or another, have stumbled upon world recognized speakers brought in by the nonprofit conferences, TED Talks. TED Talks, standing for Technology, Entertainment, Design, brings forth some of the worlds most creative, intelligent and ahead-of-their-time thinkers on several varieties of topic areas.

Speakers like Steve Jobs, Al Gore and Bill Gates have enlightened the world on subjects that have defined our generation. One which can be made applicable to society, as a whole, is the idea of happiness.

It is widely understood that the mentality of hard work will equal success and happiness. One of the main reasons for attending college, along with getting a good education, is to be able to secure a well-paying job shortly after graduation.

Such an idea has driven students to pulling all-nighters and test cramming. However, this notion has come to the attention of former positive psychologist and Harvard professor Shawn Achor in, "The Happy Secret to Better Work." Achor explains how happiness is achieved through a different per-

"If happiness is at the opposite side of success, your brain never gets there,"

Achor said in his TEDTalk

belief that the harder we work, the

Achor contrasts with the popular

causes higher brain function. "Your brain at positive levels per-

forms significantly better then it does at a negative, neutral stress," Achor said. Your intelligence rises, your creativity rises, your energy level rises. Your brain at positive is 31 percent more produc-

ty in a present sense of being, which

"Synthetic happiness is every bit as real and enduring as the kind of happiness you stumble upon when you get exactly what you're aiming for."

> **Dan Gilbert** Harvard psychologist

more successful we will be, equaling a happier life, which according to Achor, is fundamentally the opposite way

happiness is achieved in life. The main point Achor emphasizes is the "Happiness Advantage." The "Happiness Advantage" is the point in which a person has raised levels of positivitive than at negative, neutral stress." Along with Achor, Harvard psychologist Dan Gilbert's TED Talk lecture,"The Surprising Science of Happiness," suggests the perception of what we believe will make us happy is often misguided by our brains. Gilbert cen-

ters on the point of the human "psy-

chological immune system" that allows us to be happy when life doesn't go as planned.

Gilbert differentiates between synthetic happiness, or the unplanned happiness, as what people get when they don't get what they want versus the natural happiness when people do get what they want.

'Synthetic happiness is every bit as real and enduring as the kind of happiness you stumble upon when you get exactly what you're aiming for," Gilbert

In the case of both Achor and Gilbert, happiness isn't often what we perceive it as. It may not come in the way we personally intend it to or when we intend it to be there. However, it is something that is most powerful when living through it in the present and understanding it may not come in planned stages

[There are different] lenses through which your brain views the world that also shapes your reality," Achor said. "And if we can change that lens, not only can we change your happiness, we can change every single education and business outcome at the same

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Americana band rocks at Aggie **Station**

Demetra Kopulos staff writer

Aggie Central Station was all about folk, Americana and "cover-grass" as artists Shoofly with Joshua Jay and the Nighthawks performed for an audience that was ready to get out on the dance floor Friday night.

Joshua Jay, vocalist and lead guitar, has been a musician his entire life. The artist began his love affair with music at 8-yearsold. Being a performer has taken him all over the country touring, and given him opportunities like

"I started playing at 8 years old when I got my first bass guitar, and my grandpa taught me how to play."

Jay Shoofly

opening for popular bands like Thursday and The Fall of Troy with his previous band, From Quiet Arms. Jay is now taking on his passion solo, proving he doesn't need other noise to rock.

"Music was around me my entire life," Jay said. "My grandma and grandpa, on my mom's side, had a family band. My grandpa worked for Amoco, so he trav-eled a lot. They would just go state to state working and playing in this family band. A lot of Johnny Cash, Elvis, that kind of stuff, so I grew up with it. I started playing at 8-years-old when I got my first bass guitar, and my grandpa taught me how to play."

Jay's performance was like a glass of strong whiskey; it hits you out of nowhere and before you know it, you can't help but have fun. He took over the stage with his larger than life personality and clear passion for playing. The artist who admits to breaking a guitar string or two every once in a while, gets so entranced in performing, it's no wonder fellow artists have the time of their lives on stage with

"I've been playing the man-dolin with Josh for the past few months, and it has been an awesome time," Tony Scalora, mandolin player for Jay, said. "Josh has such a kind and laid back personality. However, he can eally bring out the inner stompin' beast in a musician."

It's easy to hear influences like Johnny Cash in Jay's voice. It sounds as if it has been crafted solely for the type of music he creates now. Raw and raging, with just the right amount soul. It will knock you out of your seat if you're not careful.

"Playing off each other and the feelings going on is the coolest thing ever, because it's all based off of the emotion that's going on up on stage," Jay said. "Not only do you get to connect with the crowd by having fun, but also you're really getting into music as a language. It's so much fun when you get to meet people that can do it and speak the same language based off the

feelings and emotions." Topping off the night was Shoofly, an acoustic Americana, country blues, roots and self-defined "cover-grass" band based out of Lawrence. Shoofly is made up of Grace Maher, vocals; Doug Rieman, vocals and guitar; JB King, vocals and bass; Kirk "Skinny" Webb, vocals, mandolin and fiddle; and Michael Bradley,

vocals and dobro. Shoofly also doesn't shy away from covers outside of their comfort zone. While they utilize the talents of Maher, their female vocalist, with Miranda Lambert covers, the band isn't afraid to take on a little Violent Femmes either. Though their musical influences are all over the board, they've managed to pull the best out of each and make their own unique flow. Their show was a classic, getting the audience out on the dance floor and enjoying every minute of it.

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Emily DeShazer | Collegian

K-State redshirt freshman fullback Glenn Gronkowski waltzes into the end zone for his first career touchdown after a 50-yard catch-and-run in last Saturday's 37-7 win over the UMass Minutemen.

Austin Earl

Glenn Gronkowski isn't a typical K-State freshman. But the Gronkowski family isn't exactly your typical American family either.

The Gronkowski family may currently be the most accomplished athletic family in the United States. The father of the family, Gordon, owns a fitness equipment company in Buffalo, N.Y. Three of Gordon's sons, Dan, Chris and most notably Rob, play in the NFL. Another of son of Gordon, Gordon Jr., played minor league baseball. The youngest son, Glenn, attends K-State and plays fullback

for the Wildcat football team.

"Man, all of them are athletes," sophomore quarterback Daniel Sams said. "I wish we could just showcase it more with Gronk as far as catching the ball. He makes some amazing catches in practice: one hand catches, diving catches. Sometimes you forget he's a fullback."

fullback."
Gronkowski is very athletic.
Your typical fullback cannot line up as a wide receiver and catch a 50 yard touchdown pass like Gronkowski did against UMass. His versatility makes him a weapon all over the field and makes him a scouting report nightmare for opposing

coaches.

"You saw when he caught [the pass against UMass] how he could run," junior quarter-back Jake Waters said. "That's big. That's another thing the defense has to prepare for, and another thing we can do. So that's definitely big to have a target like him."

like him."

Versatility is a huge part of Gronkowski's game. Like his NFL Pro-Bowl brother Rob, Glenn has a distinct mix of size and speed that most humans simply don't posses. He is 6-foot-3-inch and weighs 234 pounds. But he can also run a 40 yard dash in 4.6 seconds, according to Yahoo! Sports. In

his final year of high school, Gronkowski had 125 catches for 2,076 yards and 23 touchdowns. He was named the co-Offensive Player of the Year in Section VI Class AA North in New York

"Not only can he block, but he can run routes, he can catch the ball and he can also run," junior wide receiver Tyler Lockett said. "I don't think a lot of people see a fullback like that who can run the ball. I think it just shows his ability to be put in any position."

The hype is great, but it hasn't been all glitz and glamor for Gronkowski in his time at K-State. Last year, Gronkowski came to K-State and was redshirted. With former K-State fullback Braden Wilson in the mix, it was hard for Gronkowski to see snaps, so redshirting him saved him another year of eligibility. Waiting a year before getting on the field isn't exactly what a lot of players have in mind. During that time, Gronkowski was able to learn and grow as a player while learning from a respected senior.

"Being under Braden Wilson was huge, how much he taught me, so I think that helped a lot being able to learn from him," Gronkowski said.

Now that Wilson has graduated, Gronkowski is the starter

at fullback. Many believe that Glenn has the most potential of all the Gronkowski brothers – even more than Pro-Bowl tight end Rob. Rob has set numerous NFL records, including most touchdowns by a tight end in a season. He also became the first tight end to lead the NFL in receiving touchdowns in a season.

The speculation surrounding what Gronkowski could do in his career is tremendous. There is no telling what he is capable of. K-State fans should just sit back and enjoy the ride. With all four years of eligibility remaining, Gronkowski can make himself a K-State legend.

This Week in K-State Sports

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FB: vs. UMass, W 37-7 VB: vs. Cal, W 3-2	HD HIVE	MGolf: Columbia Regional	MGolf: Columbia Regional		0 1	VB: @ Arkansas, Razorback Invitational EQ: @ South Carolina, 9 a.m. WTennis: K-State Fall Invitational	FB: @ Texas, 7 p.m. XC: Woody Greeno Invitational (6k/8k) EQ: @ Delaware State WTennis: K-State Fall Invitational

EQUESTRIAN | Several riders recognized as outstanding players

Continued from page 1

Webster. The senior from Mechanicsville, Va. went 23-11 last season and was named the October Big 12 Rider of the Month. Webster is one of four team captains, alongside fellow Hunter Seat rider Madison Wayda. Wayda is a native of Newbury Park, Calif. and finished last season with a 15-14 record. The junior won six Most Outstanding Player honors, while Web-

ster racked up seven.
For Western, seniors
Jordan Cox and Kelly
Bovaird are the other two

team captains. Cox, who hails from Trenton, N.C., had an 8-9-1 record in Reigning last year, while Bovaird, from Tulsa, Okla., finished 11-5-2 in Horsemanship with four MOP honors.

Cox and Webster were also named first team All-Academic Big 12.

ademic Big 12.

The team competed in a Purple vs. White Scrimmage on Sept. 8, where some of the team's new freshmen showed off their skill by taking home MOP honors. Christina Martinelli and Cheyenne Adams took home MOP honors, while plenty of other new faces did

their best to keep the older riders from taking all the glory.

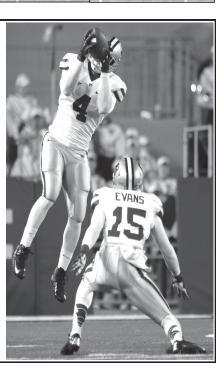
glory.

With a strong base of senior leadership that has tasted success in the past, plus plenty of new faces, this year could very well become another one full of postseason wins for the team. Their first match will take place this weekend as they travel to face No. 1 South Carolina on Friday, followed by a trip to take on Delaware on Saturday. K-State's home opener is on Sept. 28 against Oklahoma State, thus creating a Western Seat finals rematch.

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page 6







thursday, september 19, 2013









Buying Locally Helps Community Thrive

Everyone loves a good deal. It might be a special coupon, or noticing a great ad or maybe from your extra effort at price comparison. We always figure, if we save a little on this and that, it helps leave money for something more important like text-books, which never seem to go on sale. Making purchasing choices is one of life's burdens and pleasures.

I want to talk about shopping. Others on campus who educate on such things might call it: exercising your will in a free and open market, or maybe: contributing to market equilibrium through the exchange of goods and services. After all that, it is still just shopping. It is simple on the surface but actually very complex underneath.

When you make a shopping purchase, you are selecting a manufacturer or producer, you are rewarding the effort to bring it to your hands, you are rewarding whoever made the effort to bring it to your attention, you are rewarding governmental units that rely on sales taxes, and you are simultaneously rejecting scores of other producers, manufacturers, retailers and marketers. It sounds like a lot of power, and it actually is amazing. It might be just a beer or soda to you, but dozens of people have spent great effort and made risky investments to get you to buy what you do, where you do it.

A dangerous thing is happening and you can help. Buying things on the internet creates a false sense of economy and is creating a huge change in our world. Seeing what has happened in the entertainment industry is just the start. Don't get me wrong, I love some Arrested Development and ESPN Fantasy Baseball, but as in all things, there must be limits. I want you to consider being much more selective when you shop online.

Hundreds of local business owners, like myself, work hard and long to bring you goods and services that you would choose to buy. When you choose local business owners, many things happen that do not happen when you shop online. For example:

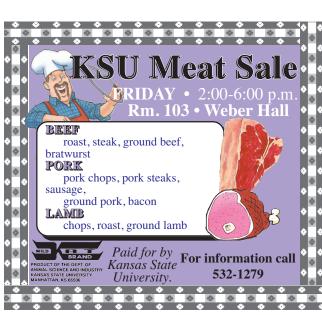
Local companies provide you and your friends with part time jobs if you need them, and many find permanent jobs when they graduate. Taxes on a local purchases go to support sidewalks and parks and traffic lights and water that you use every day. Taxes support ambulances and police officers that hopefully you rarely need, but when you do, you really need them.

Local businesses support giving to KSU. Look at the names on the buildings and the lectures and in the McCain and football programs. These are real people, giving real money to things that make KSU special. These donations are thoughtfully made by local businesses, but ultimately came from your purchases. Do you know how much is donated back to KSU from your purchases at Amazon? Zero.

What about Greek fundraisers, the United Way, 4H, CASA Comedy Night, the Zoo, the Animal Shelter, the Band Day Parade, homeless shelters, food banks, Breast Cancer Research Foundation, the Salvation Army, Toys for Tots, Homecoming Parade, high school sports, the list could literally fill this article.













the collegian

thursday, september 19, 2013

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So you've been eveballing that new pair of pants, and you can buy it online and save about \$7. This isn't because online retailers are just stupid. It is because they have no role in your community and will not participate financially in any of the other things you might enjoy in addition to a new pair of pants. They do not care about your sidewalks or charity or church or education or jobs. Seven dollars.

Would you like to actually handle these jeans to see how good the denim is, or to see how they look on you, or to exchange to a size smaller, or to discuss the style with someone that actually makes a living out of being an expert on such a purchase? Jeff Bezos is not available. Better yet, ask your mouse if it will handle a warranty claim. Online sellers aren't being paid enough by you to care about your experience with the brand or product, but your local merchant will.

I cannot see clearly into the future but I can see a few things. When enough people decide to "save" that seven dollars, local businesses and their communityinvolved owners will go away. When that happens, you can be sure the price of that pair of jeans will go up at least seven dollars. It is not really a prediction to say that as your choices narrow, your price will go up. Ask your 'Econ' professor about supply and demand. (Better ask a Grad Asst. If you were in Econ you are supposed to already know this.)

How many examples would it take to convince you? There are fewer record stores, sporting goods stores, car dealers, clothing stores, shoe stores and book stores in Manhattan now than there were when the population was half of what it is today. It's like a "most purchased online" checklist.

Don't become distracted with poorly informed economic choices. What will be next: bicycle shops, printing companies, tee-shirt shops, gift stores? When those stores go away, so does personal service, easy product returns, and experiencing the quality in the things you want to buy.

We cannot deny that internet purchases have a place, and it is not wise to draw absolute lines about anything, but we see a situation that is a classic values judgment dilemma. You can see short term advantage but it causes long term damage to your community and your way of life. Sometimes you should ask, "what is the real savings and what are the peripheral costs?"

So let's summarize: fewer jobs, less consumer choice, lower revenue for local charities, higher taxes and less personal service. Seven dollars. Maybe you should reconsider what a good deal means.

Of course, when you can go from Zappos Residence Hall down Google Drive to Amazon.com Hall, preparing for your local job with Apple's MHK-relocated headquarters, I will reconsider.

Randy Martin

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"Madden 25" hosts new features, historic look at game

"Madden" ****

game review by Nick Davis

This year's installment of "Madden NFL," released Aug. 27 for XBox 360 and PlayStation 3, is the 25th anniversary in the Madden football franchise. This is why the game is titled "Madden 25," rather than "Madden '14." During game play, you will see several screenshots looking back at the previous 24 years of the game and how it has evolved over time.

I have purchased Madden every year for as long as I can remember, and the way EA Sports showcases their Madden games over the past 24 years was rather nostalgic. "Madden 25" brought back connected careers just like they had in "Madden '13." Except in "Madden 25," you can take over as the owner of any of the 32 NFL teams, in addition to being the coach or player. Just like in last year's game, you can use your own face when creating your player, owner or coach, by creating a Game Face on easports.com.

As far as game play goes, gamers really won't notice too much of a change from last year's installment.

EA Sports did add a new feature during game play called precision modifier. The precision modifier allow players to be more creative when it comes to pulling off spin moves, jukes, stiff arms, etc. This is done by holding the L2 button on PlayStation 3, left trigger on XBox 360, while performing ball carrier moves. The precision modifier is something you'll want to use with your player's most effective attributes.

For example, if you are playing with a running back with a 90 overall rating in his spin attribute column, that player will perform a tighter and faster spin move. Be careful though, precision moves drain your stamina far more quickly than a normal

Another new addition is the option run added to several NFL team's play books. With the new breed of athletic, dual-threat quarterbacks taking over the league, this is something that "Madden 25" simply couldn't overlook. In this year's game, you'll be able to use several different option runs and either take off running with your quarterback or hand it off to the running back. Keep in mind all play books won't have these option plays in them. Only the teams with quarterbacks who have decent speed and acceleration will have these plays included in their play books.

Here are some of the game modes offered in "Madden 25."

Exhibition: As always, you can simply play a single game or challenge a friend in an online matchup.

Practice: This mode is meant to help you improve your game. You can choose different scenarios in which to play in.

Connected Careers: As I mentioned previously, you have the option of playing as an owner, a coach or as a player.

Player: You control one player and earn attribute points that help boost your overall rating throughout your career. You can play as a current starting player or create a player and work your way up into the starting lineup. You are able to request trades, as well.

Coach: You control the entire team during play, as well as your team's roster. You are responsible for adding, releasing and trading players. Again, you can create your own coach, use an active coach or take your pick from a handful of Hall of Fame coaches.

Owner: This mode is pretty much the same as coach mode, except you have control of hiring coaches. Also, you are able to upgrade stadiums and set prices for concessions in an attempt to make your team one of the most profitable ones in the NFL.

Madden Ultimate Team: This mode

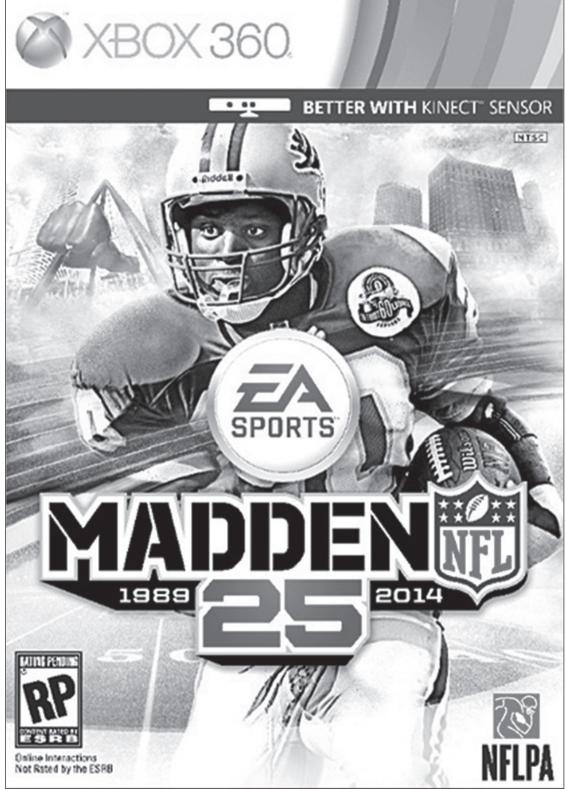
is my favorite part of the game. Madden Ultimate Team allows you to create your very own team of players by acquiring digital trading cards. You can obtain cards by completing online challenges, purchasing digital packs, either with actual currency through XBox marketplace, the PlayStation Store, through coins earned via game play or through auction and trading blocks. You'll receive a digital pack as soon as you enter the mode. In this pack, you'll get enough players to field a team and get you started. Each team must have the appropriate amount of players along with a home jersey, away jersey, a stadium, offensive and defensive play books and a head coach. These are all represented by digital cards.

I enjoy this game mode because you have the potential to be any team and choose your favorite players. This is assuming you are able to acquire said players, along with your favorite play books.

The auction block is something that's very unique. It allows you to search for your favorite cards and purchase those outright or place a bid on them. Like eBay, you can "buy now" or place a bid. Be careful, this part of the game is very addictive.

Overall, I really enjoy this year's installment of Madden. Just as in "NCAA Football '14," the Madden Ultimate Team mode really adds to the replay value of "Madden 25." I recommend this game to anyone who enjoys NFL and sports games, in general, as it is an excellent addition to any gamer's library, whether they're hardcore or just a casual gamer.

Nick Davis is a sophomore in pre-journal-ism. Please send all comments to *edge@ kstatecollegian.com*.



Online stress management program offers practical, easy counseling



Jakki Thompson

As the semester continues to unfold, the inevitable is happening — stress levels are rising. Student projects and the first round of tests are upon us. In lieu of grades, exams and a quarter of the semester being done, stress, for some students, may be the one thing they are sure of.

Counseling Services at K-State has essentially revitalized an older program into 'Stress Management Online." This program has clearly

defined sessions to help students work through trying times in a free, online course accessible through K-State

"The program starts off elping students define what stress is," Wendy Barnes, online programs coordinator for Counseling Services, said. "Then, it goes on to help those using the program to pinpoint and identify their personal stressors. The program then offers specific resolutions, and offers ways to help work in time management skills and help alleviate those stressors."

According to Barnes, Stress Management Online is more personal and interactive that the previous program. The program used in years past was formatted

as a PowerPoint and video combination - the video essentially being the verbal version of the PowerPoint presentation. The videos in the previous version were about 30 minutes in length The videos in the new program are only around five to

eight minutes. 'The new program will engage students more in their own learning," Dorinda Lambert, director of Counseling Services, said. "This program helps to challenge students to think more critically about their own stressors, as well as apply things they've learned from the program into their every day lives."

Stress Management Online offers students different ways to attack and solve

their everyday stressors. The program helps students document specific times in their day when they are most stressed and find solutions if those problems were to arise

Because it is offered through students' K-State Online, they can access the program at any time. Barnes said she's seen students access the program all hours of the day, including late at night and the earliest hours

of the morning.
"All you have to have is an eID and password, and you can be signed up for the program," Lambert said. "This program helps reach students who can't necessarily come in and meet with us during the day. It also helps reach distance learners who can't always come onto campus or meet with people

face to face." Lambert said the first time the program was launched, it was done in a rush. There was a push to get the program online fairly fast. But, upon the hiring of Barnes, the department was able to upgrade the program and improve it for those want to use it.

Barnes said the Stress Management Online program helps provide a safe space for those who feel stigmatized dealing with stress.

"Mental health is still incredibly stigmatized," Barnes said. "We are continuing to try to break those barriers down [with this program], even though stress management isn't considered a

mental health."

Stephanie Morris, a licensed psychologist for Counseling Services, said this program also helps curb the prevention of stress. Through the potential prevention of stress, it will help with retention both in the academic setting and in potential future careers.

'Some students haven't received the skills or tools on how to deal with stress," Lambert said. "But if we continue to do this prevention work, and detect stress early on, we can continue to improve people's moods, relationships and, above all else, their academic success.

Jakki Thompson is a junior in journalism. Please send all comments to edge@kstatecollegian.com.

Modern board gaming gives step up from traditional board games



When most people think of board games, they jump straight to games like Monopoly, Risk, Sorry, Clue or the Game of Life. But by modern standards, those games are pretty lackluster. To an experienced board gamer, seeing Monopoly continue to be popular is like seeing Ford continue to mass-produce the Model T.

Since the board game renaissance in the 2000's, a new wave of games with better designs and more colorful game play has invaded the U.S. from overseas. The so-called "Eurogames" are catching on in America as we look for fun and engaging ways to spend time with our friends. Of the "Eurogames,"

three especially popular titles have come to be known as "gateway games," because they are incredibly easy to learn and appeal to people who have never played a "Eurogame" before.

Settlers of Catan Settlers, dubbed "the Monopoly killer" for its increasingly strong sales, is the giant in the field. As the game progresses, the players explore the island of hexagonal tiles and claim new territories that gives the player more resources, which they then use to claim more territory, etc. That may not sound exciting by itself, but the real fun of the game is the interaction with other

players. For one, the player in the lead can be humbled if another player places the bandit token on one of his territories and steals his resources. Even more than that, the active player can trade resources with anyone else at the table, which can evolve into economic

warfare over the course of the game.

I love the thrill of games when no one wants to offer any wheat or sheep to the guy in the lead, but they might have to offer it anyway so they can get some wood from him because they've got settlements to build. In addition to providing some good decision making and conflict resolution, the trading also improves on one of Monopoly's biggest flaws by giving the players something to do while waiting for their turn.

Settlers is a wonderful game, but it tends to have a problem with length. It can be frustrating to basically know who is going to win with 30 minutes to go before they score a tenth point and make it official. I suggest trying out some rule variants to speed up the game. Instead of stealing a resource from a player, the bandit might give a free resource to everyone except that player. Maybe you only play to eight points. Or maybe you throw in a bonus dice roll every time someone says something ambiguously dirty

about having wood. Carcassonne

In this game, players build the landscape around the city of Carcassonne, from scratch, by taking turns laying down tiles. Each tile will have a medieval-themed feature, like a monastery or a chunk of a city, which the player can claim with his color coded pieces. As with Settlers, the fun of Carcassonne is in the interaction. For example, if your city and my city merge into one, we can ally and split the points. If I merge two of my cities with one of yours, now it's

my city – cue evil laughter. Carcassonne by itself is a good game, but the available expansion packs make it a great game. Trader & Builder is a good expansion pack. The Utilitarian Expansion Pack adds some extra fun and variety to the base game. Princess & the Dragon adds

a little wooden dragon that roams around the tiles and eats the players' pieces before they can score points, as well as a fairy that can defend against the dragon. The Towers pack lets the players capture each others' pieces and hold them hostage. Warning: The Towers expansion pack is not for the easily offended.

Ticket to Ride

Ticket to Ride is a trainthemed game that is light and simple enough to play when you're mentally wiped out from studying. The board is a map of America with color-coded train routes between major cities. The players take destination cards that instruct them to connect two cities, e.g., San Francisco and Kansas City, by using color coded cards to build a corresponding color coded track. There is a bit of a catch, though. Once a track is built by someone, no one else can use it. If someone else builds the track between Kansas City and

Denver, now I have to detour through Dallas and El Paso to get to San Francisco, and I may hold a grudge against whomever built that first track between the two cities.

Like any game worth its salt, Ticket to Ride presents the player with interesting, yet intuitive dilemmas. Do I use my turn to build a track now, or do I want to take cards instead and save up for that track in the middle, before someone else takes it? Should I work on my own tracks, or should I build a track that will inconvenience someone else and hope it pays off?

Whether your idea of board game fun includes Monopoly or the Game of Life, I would highly recommend trying any of these three board games to change the pace of traditional, American board games.

Brian Hampel is a senior in architecture. Please send all conments to edge@kstatecolle-

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PEEP | No sightings since mid August

Continued from page 1

but didn't pursue the option of filing a report. The other six calls made to the police were similar to Powell's story, yet lacked a detailed enough description to verify that it was the same suspect for each incident. However, as of mid August no more calls have been received about the suspect. No arrests have been made in conjunction with the calls at this time.

Matthew Droge, public information officer for Riley County Police Department, said that these incidents do not make Manhattan a bad place to reside.

"Manhattan is a safe place to live," Droge said. "There aren't any 'bad' parts of Manhattan. It is like any other city, crime could be appear of the same of the s happen anywhere.

To handle said crime, Manhattan is protected by both The Riley County Police Department and K-State Police Department. The two law enforcement agencies work together to ensure the safety of the entire Manhattan community.

Capt. Donald Stubbings, captain of the K-State Police Department, said that the two law enforcement groups are in constant communication.

"We collaborate with Riley County Police Department a lot, they are a very great resource that we have for our campus," Stubbings said.

The university is also equipped with several different resources that allow for the protection and safety of the public while on campus: Campus police patrol the campus 24/7; video surveillance and emergency phones are placed in strategic locations; and Wildcat Walk and Saferide provide a safer alternative to walking alone.

Wildcat Walk is a program designed to keep people safe while walking through campus. After a call to 785-395-7233 [SAFE], an officer accompanies the caller across the campus and up to two blocks off campus.

While these protection measures are helpful, it is important that students still tell people they trust where they are at all times, especially at night. At the very least, students should use the buddy system and walk with someone they're comfortable with at night.

Stubbings said that individuals should remain attentive and always report suspicious activity.

"Always err on the side of caution," Stubbings said. "If it's suspicious to you, then it is probably suspicious to another student. Don't be afraid to contact law enforcement."

DEFENSE | Self-defense doesn't constitute excessive force



Zach Werhan | Collegian

Michael Halliwell, 3rd Dan Black Belt from Sun Yi's Academy of Tae Kwon Do stretches out for Wednesday night's self-defense event held at Jardine's Frith Community Center. This event was held to support community and self-defense awareness amongst students.

Continued from page 1

the fingers tucked together - knee striking with purpose, how to get out of a double lapel grab and three ways to get out of a neck grab. "I am really glad I came because it was really fun learning how to better defend myself," Jacob McCrary, freshman in open option,

According to Moore, one of the biggest aspects to properly defending oneself is giving up how one was raised to be decent to others all the time.

"The person attacking you is not going to follow rules," Moore

Additionally, Moore warned the people attending his self-defense session of the possibility of "excessive force" and the legal re-

percussions that could follow. An individual might have to prove in a court of law that they were under attack and, if the person who was initially assaulted used too much force defending themselves, could be liable through civil action for the injuries sustained. The individual could be fined or face possible imprisonment, depending on the severity of the crime,

in either a county jail or state penitentiary. However, if a person appropriately defuses a situation with an aggressor, Kansas State Statute 21-5222 plainly states that a person has no duty to retreat if a person is using force to protect themselves or a third party if they reasonably believe it is necessary. This means that an individual is not required to run and can legally fend off their

While a given situation may require defending oneself against physical violence, to continue the use of force once the assailant is no longer posing a threat crosses the line of the law and can no longer be defined as self-defense.



Zach Werhan | Collegian

Michael Halliwell facilitates while Dwayne Frazier (left), freshman in architectural engineering practices a self-defense move on **Jacob Woody** (right), freshman in accounting, in the Tae Kwon Do class held at the Jardine's Frith Community Center Wednesday night.

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UNFURNISHED APARTMENT. campus. Washer, dryer, bedroom, rooms avail- bedrooms, campus, 1530 McCain. Aggieville. \$330 \$775 rent, includes fireplace, balcony, dishwasher, central air and heat, no pets allowed. Contact 785-539-0866.

Rent-Houses & Duplexes

East Campus

★ Close to town

Aggieville/Downtown

THREE-BEDROOM, Vattier. Close to campus and Washer and dryer. Wa ter, gas, and trash friendly. 785-539-4949.

Two close to

paid. Fenced yard: pet

bath home. kitchen and

Creek Blvd, can claim by giving us the pass- MOVE IN NOW! word. Marilyn 785-539- One block from campus and two blocks from

Housing/Real Estate THREE-BEDROOM

Bulletin Board

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IPAD FOUND on Tuttle

Rent-Apt. Unfurnished

EXCEPTIONAL TWO-

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Aggieville! Six bedrooms, three baths for a month. Call 785-313-0347 for more

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close to KSU call 785-776-2102 or text 785**Employment/Careers**

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restaurant in Downtown Manhattan! **NOW HIRING** Join us for an Employment Information Session and Open Interviews. September 21st at 1:00 pm OR Septem-

ber 24th at 6:00 pm 418 Poyntz Ave. Harrys Restaurant) Positions Available: Hostesses, Bartenders, Line cooks, Dishwashers, and Prep Cooks. Interested applicants invited to comapplication and plete

FARM HELP wanted, wage negotiable depending upon experi-3452.

participate in open inter-

ROOMMATE NEEDED FREELANCE HTML 5 tential, apply in person please apply in person Web Design + Web after 7:30 pm, 1330 Master apply: den-Grant Ave. Junction tist@sagerdental.com

views.

Honda is presently hiring for a full-time Accounts Payable/ wholeaccounting experience with Microsoft Office experience and good communication skills. Includes health benefits and profit sharing. Salary commensurate with experience. Contact Carol Tracy at 785-539-7441. Position available immediately.

(at LOCAL ESTABLISHED company is looking for full or part-time laborers. General construction knowledge and experience or welding experience is beneficial Non-smokers can apply in person at Tri-City Fence at 5005 Murray Road Manhattan. phone calls. EOE

> MUSTANG CLUB Now hiring dancers, immedino experience necessary, great earnings po-

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LITTLE APPLE Toyota/ sale billing clerk. Prefer mation. Or apply online

feldkampmh@gmail.com. No phone calls

Click on surveys.

end, minimum of 19 hours. No phone calls, at Wash Palace, 3216 Kimball. Candlewood

NEW HOME FINDER Let us help you choose your nei The symbols on the map coordin Kansas Sta University Claffin Rd Manhattan City Park Warner orial Park Fort Riley Blvd • Aggieville/Downtown * Stadium Map data ©2012 Google 113 West Campus East Campus ▲ Anderson/Seth Child ★ Close to town

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PART-TIME Sales Accounting and Operations

part time at our corporate office in Wamego, Ks. Requirements: intermediate skills and experience with accounting, data entry, MS Ex-Must be detail minded and accurate. Flexible hours, 15-20 hours per week. Call Stan at 78-456-2083, ext 184 for more inforat www.KanEquip.com

SALES OPENING for part or full time. Must have flexible schedule including weekends and ability to create and maintain a positive customer base. Some sales experience preferred. Apply in person at Feldkamp's Furniture, 7977 E. Highway

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owner, good condition,

785-320-3820.

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> WEEKEND YARD work through Thanksgiving. \$11/hr 12-15 hrs/wk Apply 514 Humboldt

PART-TIME

TENDER for nights and weekend. Apply Legion 114 American McCall Rd.

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2013 WILDCAT football season tickets remaining. Discount tickets to single regular season football games available while quantities last. Pre-purchase tickets to 2013 K-State basgames. Visit ketball com now. Your source for discount tickets to

cluding sold out events.

Travel/Trips

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Pregnancy Testing Center

Difficulty Level * 2 3 7 8 4 6 1 5 9 8 4 9 1 7 5 3 6 2 1 5 6 9 2 3 8 4 7

6 8 5 3 1 9 7 2 4 Answer to the 6 5 7 9 3 8 4 1 2 last Sudoku. 7 9 3 2 8 4 6 1 5 5 7 1 4 6 8 2 9 3 9 6 8 5 3 2 4 7 1 3 2 4 7 9 1 5 8 6

"Real Options, Real Help, Real Hope Free pregnancy testing Totally confidential service Same day results Call for appointment Mon.-Fri. 9 a.m.-5 p.m Across from campus in Anderson Village

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K-State Lafene Health Center

www.k-state.edu/lafene

General Medical Clinic Hours:

Mon - Fri: 8_{AM} - 6_{PM} **Sat:** 10_{AM} - 1_{PM}

Appointments recommended,

so please call first 785.532.6544

WALK IN FLU CLINIC TODAY! and every Thursday (except Oct. 3)

The clinic will be open: 8:30 AM - 11:30 AM, and 1:00 PM - 4:00 PM

Students - \$15, All Others - \$20

Injectable (20 minute wait required)

Bring Wildcat ID and insurance card

Top 10 pump-up songs for ultimate workout playlist

Ariel Crockett

Listening to music while exercising just makes sense. Especially when you have high energy beats to motivate you to move. So with that in mind, I have put together a body pumping playlist of my personal top 10 songs that can make a workout more enjoyable.

10. "Can't Hold Us," by Mack-

This Hot 100 chart topper has been burning up the airwaves this summer. The high tempo beats and catchy chorus will definitely help motivate anyone to burn off those

9. "Clappers," by Wale ft. Nicki Minaj & Juicy J

Wale's new single "Clappers" includes energetic instrumentals that are great to dance to. And what is dancing if not a fun workout? Try this song out during your next workout, and see if it gives you that little extra oomph you need.

8. "Check it Out," by Will.i.am. ft. Nicki Minaj

Minaj and Will.i.am. get ultra creative in this fun pop record that samples 1970s band The Buggles' hit song, "Video Killed the Radio Star." The fun vibe and playful lyrics in this single make for a good distraction to keep your mind focused on the music rather than quitting your workout. In my opinion, it will help energize anyone during a mid-run funk on a treadmill.

7. "DJ Got Us Falling In Love

Again," by Usher ft. Pitbull

Sticking to the high-energy theme of this playlist so far, this dance track includes tons of bass to help motivate you to move your body and shed those pounds. This song will help you to continue to move to get you to your goal weight.

6. "Beat It," by Michael Jack-

I just couldn't make this list without including the king of pop. Get creative with your workout and tell those pounds of unwanted weight to "beat it." This song is a staple in the motivational sector that should be included in anyone's workout

5. "Who Run The World (Girls)," by Beyoncé

This song is full of empowerment to give one the confidence to achieve anything you want. Achieving anything could include a seemingly impossible workout. "Who Run the World (Girls)" can help any woman, or man, continue to get motivated to feel like they can tackle anything.

4. "Gorilla," by Bruno Mars

This raw and uncut Bruno Mars single includes musical highs and lows that could be great for those workout intervals. Working out to "Gorilla" could help anyone who needs a little more motivation on some days than others.

3. "Let the Groove Get In," by Justin Timberlake

Timberlake's latest album, "The 20/20 Experience," doesn't feature many dance tracks, but this one is the exception. "Let the Groove Get In" is a song that could surely encourage one to get up and get

2. "The Eye of The Tiger," by

"The Eye of The Tiger" adheres to the encouraging theme of this playlist more than anything. Even though this song is the epitome of cliché, it brings motivation to anyone who is working out to it. Scratch that. This song brings motivation to anyone who is doing anything, ever.

1. "The New Workout Plan," by Kanye West

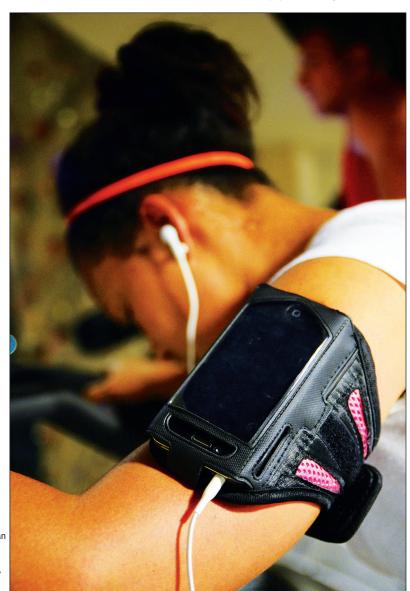
West's "The New Workout Plan" song is number one on the workout playlist for two reasons. One, it is self explanatory. For nearly six minutes West offers the listener a list of exercises and dances to do, all being presented in a comedic way that makes light of an intense workout. Secondly, the crazy instrumentals on "The New Workout Plan" makes it almost impossible to not dance to, even if just a little. So why not go all in and just do the workouts as he

There you have it, my personal top 10 songs to help motivate you and your body to get moving and get fit.

Ariel Crockett is a senior in mass communications. Please send all comments to edge@kstatecollegian.com.

Parker Robb | Collegian

Jazmene Reed, senior in marketing, listens to her own motivating music while working out on the step machine Wednesday night at the Chester E. Peters Recreation Complex.



Working out doesn't require leaving the comfort of your home



Amy Himmelberg

Manhattan offers some eautiful nature trails. The Natatorium promises laps of plenty and old Memorial Stadium will build your behind in no time. But the truth is, sometimes people just want to stay home and avoid the craziness of the outside world. Well, never fear. There are many effective home workouts that promise to help one get in shape without leaving the

comfort of their living room. When you're looking for a little guidance from the experts, all you need is your laptop, some space and a burst of energy. These free websites will get you motivated to sweat while avoiding the crowds and the boring treadmill at the

Bodyrock.tv

It's hard not to be at least a little curious about a site with a name like "Bodyrock." The program begins with a basic fitness test to gauge one's current fitness level. Then, participants dive right in to exercises called "The Greatness Workout," "The

Defeat Workout," "The Best Muffin Top Workout" and "Naked Ambition." This fiery and slightly scandalous site will have you working hard right alongside the impressive bodies of the instructors. After an intense session, cool down with some lifestyle and nutri-

"Do Yoga With Me"

Your body on stress cause problems like insomnia and weight gain. Combat the body blues by relieving some stress with one of the best exercises for stretching, flexibility and toning. Perfect the downward dog with the "Do Yoga With Me" website. It offers a gallery of poses with corresponding directions, daily guided meditations, breathing techniques and full-length instructional videos. With an easy to follow professional demeanor and soothing music, you may forget that doing yoga actually counts as a workout. Starting a regular yoga routine is uncomplicated and doable even for those of us who don't bend like a cooked piece of spaghetti.

"Fitness Blender"

Created by a husband and wife personal training team, who believe fitness should be accessible for everyone, this site is seemingly designed for the easily bored. "Fitness Blender" is a rescue from any

exercise rut one may currently be stuck in. The site enables you to create a custom workout tailored uniquely to you. Simply enter the training type you are looking for, including cardiovascular, strength training, toning, etc., difficulty level, the time you have to work out and the number of calories you would like to burn. With a multitude of workouts to choose from, you may actually find yourself looking forward to firing up your computer each and every day. Each featured workout includes the approximate calories burned, difficulty level, duration and body focus, including segments for legs, abs, arms and back.

Household Workouts

Worried about not being able to fit in a daily exercise regiment? Running short on time and can't fit in an online workout? Never underestimate the power of your own body weight. Fancy equipment and body builder discipline are unnecessary when everyday tasks burn many calories. You may be surprised to know that you might already be doing your body a favor by completing these daily tasks.

All of the following counts of every day tasks are approximate to a 155 pound adult and may vary person to person. Climbing stairs burns an average of 352 calories per

hour. Going back down those stairs burns another 211 calories in the same time period. According to the website mycaloriesburned.com, mowing the lawn can burn 387 calories if you're using a push mower. Raking leaves can burn up to

200 calories per half hour, and cleaning around the house can burn more than 160 calories in the same amount of time.

So, whether it's scheduling 30 minutes to an hour to exercise in the middle of your living room or bedroom, or

just performing household tasks, there are always ways to burn a few extra calories.

Amy Himmelberg is a senior in mass communications. Send all comment to edge@kstatecolle-



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